

Assessment of Suicide Risk

1. Have you ever had feelings so bad that you have had thoughts that you didn't want to go on, or that you might want to kill yourself?

IF YES, QUANTIFY THE RISK

2. Is this unhappy feeling so strong you ever wish you were dead?

3. How often have you had these thoughts?

4. Has anything happened recently to make you feel like this?

5. On a scale of 1 to 10, how strong is your desire to kill yourself?

6. What would it take to move you one point down the scale?

7. Have you ever thought about how you would kill yourself ?

8. Is the method you would use readily available?

9. Have you planned a time for this?

10. Have you ever tried to kill or harm yourself before?

11. Did things change as a result of these attempts?

12. Is there anything that would stop you from killing yourself?

13. If you could look into the future, what do you feel you could look forward to?

Source

National Health and Medical Research Council (1997). *Depression in young people: A guide for general practitioners*. Canberra, Australian Government Publishing Service.